

Parent's Page

Dear Parent:

As parents, we want to share many important lessons with our children. Two valuable things parents can teach their children are a love of reading and a love for healthy foods. The Book in a Bag program was designed to develop both of these skills—reading books that focus on foods together with your child. Reading to your child says “you are important, and I enjoy spending time with you.”

The planned fun activities that go along with each book will help your child remember the story and the food message that it brings. Parents, you will want to remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child's questions or remarks.
- Put variety and “life” into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**

Snack time is important for young children, but snacks must be age-appropriate. Crisp chips can cause choking in young children. For the activity on the back of this page, we suggest substituting plain, unbaked soft tortilla pieces for children age three and under.



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Read All About It!

The book featured in this activity is

The Edible Pyramid, Good Eating Every Day
by Loreen Leedy

Additional books you might enjoy sharing with
your child are:

Pizza Party! by Grace MacCarone
Ages 3-6

Gregory, the Terrible Eater by Mitchell Sharmat
Ages 5-8

Eating Fractions by Bruce McMillan
Ages 4-8

Try these activities

- The Food Guide Pyramid is an outline of what to eat each day. Help your child “see” where foods fit in the pyramid by making a pyramid game.
- Outline the pyramid shape with masking tape on the floor. Divide the pyramid into the food group sections, and let your child fill the outline with pictures from magazines, or ones he has drawn or colored. Or chalk a pyramid on the sidewalk, and help your young artist chalk in foods that fit!

Tortilla Triangles

12 servings

12 6-inch flour tortillas
Nonstick vegetable spray
1/2 teaspoon salt, optional



1. Preheat oven to 400 degrees.
2. Spray both sides of tortillas with non-stick vegetable spray.
3. Stack six tortillas on cutting board. With pizza cutter, cut stack into quarters, forming triangles or wedges. Sprinkle lightly with salt, if desired. Repeat with other tortillas.
4. Lay tortilla quarters in single layer on unsprayed baking sheet.
5. Bake chips 8-9 minutes, or until they are crisp.
6. Remove from oven, serve chips immediately, or let cool completely. Store chips in sealed plastic bag or airtight container.

Nutrition Facts			
Serving Size (21g)			
Servings Per Container 12			
Amount Per Serving		6" tortilla	
Calories		80	Calories from Fat 15
		% Daily Value*	
Total Fat 1.5g		2%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 170mg		7%	
Total Carbohydrate 14g		5%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

Super Salsa

16 (1/4-cup) servings

1 jar, 16 oz., chunky salsa—mild, medium, or hot
1/2 teaspoon sugar
1 1/2 teaspoons lemon or lime juice
1/4 cup chopped green onion
1/4 cup chopped red onion
1/2 cup corn - fresh, canned or frozen
1 cup canned black beans, drained and rinsed

1. Combine salsa, sugar and juice in medium bowl. Mix well.
2. Add all remaining ingredients. Stir gently.
3. Cover, refrigerate at least one hour.
4. Serve with chips, or top a baked potato, salad, omelet or taco.

Options: Add chopped fresh cilantro or chopped chili peppers. Use other types of

Nutrition Facts			
Serving Size (54g)			
Servings Per Container 16			
Amount Per Serving		1/4 cup	
Calories		30	Calories from Fat 0
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Cholesterol 0mg		0%	
Sodium 180mg		8%	
Total Carbohydrate 6g		2%	
Dietary Fiber 1g		4%	
Sugars 1g			
Protein 1g			
Vitamin A 2%	•	Vitamin C 8%	
Calcium 0%	•	Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet.